



Meeting Your Needs. At Home. At Sea.

## The Quarterdeck December 2004

### Workshops

Registration is required.

Call (202) 433-6151 DSN 288-6151

All workshops are open to active duty service members, spouses, retirees, civilians affected by base realignment and to DoD civilians on a space available basis.

### December

1 Dec 0900 - 1600 FFSC

#### Spouse Orientation

2 Dec 1200 - 1400 FFSC

#### Meet the Employer

6 - 7 Dec 0730 - 1230 FFSC

#### \*\*SAVI Refresher

(Sexual Assault Victim Intervention)

7-10 Dec 0730 - 1600 FFSC

#### CONSEP for Midtermers

(Career Options & Navy Skills Evaluation Program)

8 Dec 0730 - 1530 FFSC

#### Smart Emotions

9 Dec 0930 - 1100 FFSC

#### Sponsorship

13 Dec 1000 - 1200 FFSC

#### Stress Management

13 Dec 1300 - 1500 FFSC

#### Anger Management

14-15 Dec 0800-1200 FFSC

#### Power of Positive Parenting

\*\* Must attend all classes in order to be certified.

### Clock ticking on gifts

*It's the day before Christmas, and all through the house: panic, for those with the time affliction known as "last-minute-itis."*

If you're looking for a quick and cheap way to show up with perfectly selected, beautifully coiffed wrapped gifts for all your friends and family, it's way too late for that. It's time for some guerrilla gift-buying.

Mall lots are impenetrable today, and we presume most of you won't be taking your cue from those Lexus ads in which you give your honey a telltale key. So here are some quick and affordable suggestions (there are 12, for the 12 days of Christmas that have elapsed without you doing any shopping).



1. Stop reading this. You don't have time.
2. Buy everyone \$10 disposable cameras so they can go home with their own set of holiday pictures. Kids love them, too.
3. Have the clerk shoot pictures of you. (Santa hats and reindeer ears are usually nearby.) While you wait for the one-hour processing, pick out gift frames for the shots.
4. Go with Home Depot gift certificates. (The home and garden crowd loves them, and this is much neater than trying to wrap a bag of potting soil.)
5. Lottery tickets for all. (Sure, the \$100 million is gone, but even a cool \$3 million can buy a lot of eggnog.)
6. Speaking of eggnog: a nice bottle of rum and a couple of discounted holiday mugs.
7. Spirits that fit the budget.

8. Creative grocery store shopping. Look up. The top shelves have real games and toys that kids would actually want. Forget poinsettias; larger grocery stores have orchids that can last for weeks.

9. Homemade gift certificates that invites to movies, dinners, play-dates and intimate rendezvous. The key is to have cards and be specific about where and when so it looks like this was your gift-giving plan all along.

10. Think regifting -- no one remembers that tie or pair of slippers you got last year.

11. For the relative you don't really like: A six-pack of Slim-Fast shakes and a bottle of mint-flavored Listerine. (Handier idea: those nasty-tasting Listerine strips that melt on your tongue.)

12. Lie. Some timely excuses: I just got back from a cruise and I'm still feeling queasy; I went shopping in Venezuela and ran out of gas; an elephant at Metrozoo stomped on all the gifts I purchased months ago. Happy hunting, and don't forget to pick up some ibuprofen for yourself.

**Happy Holidays from the  
Fleet and Family Support  
Center staff**

**The Fleet and Family  
Support Center is located on  
the Anacostia Annex,  
Bldg. 72, 2767 Watson Road. SW,  
Washington, DC 20373-5801**

**Phone: 202-433-6151**

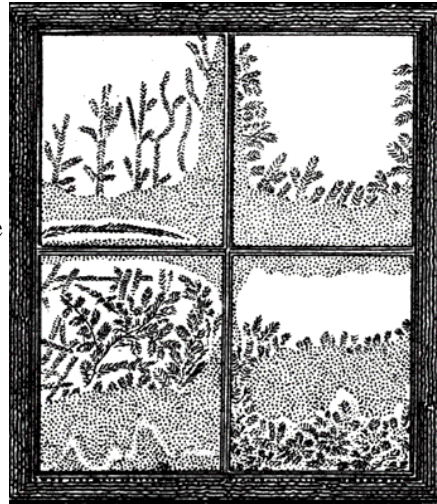
**Toll Free 1-866-557-4410**

**[http://www.ndw.navy.mil/FFSC/  
Anacostia/Anacostia.htm](http://www.ndw.navy.mil/FFSC/Anacostia/Anacostia.htm)**

## **TAKING CARE OF OURSELVES DURING THE WINTER MONTHS**

**By: Monette Greene, LCSW-C**

The beauty of nature is exquisite. Spring is a time when flowers bloom and there is a feeling of rejuvenation in the air. We feel a sense of exhilaration and anticipation as we look forward to days filled with clear beautiful skies and warm summer nights. During the summer months we enjoy leisurely days filled with activities, which allows us to enjoy warm rays from the sun on our skin. Many of us take vacations and this replenishes and nurtures our mind, body and spirit. Life is about change. Things are constantly changing. Although there are no guarantees in life, we know that after summer comes fall. Fall is ushered in with a burst of color as the leaves change before our very eyes. Fall is a time when we are mesmerized by the beauty of nature as leaves change on the trees. Each season has a unique beauty that should be cherished. Winter is a time when we can also witness the beauty of nature. It is a time when we can look out of our windows and see a winter wonderland as our neighborhoods are covered with snowflakes. The sound of children playing in the snow may sound like music to our ears. There is beauty in all of the seasons.



Just as the earth is always nurturing and replenishing itself, we too must nurture and replenish ourselves as the seasons change. It is that time of the year, in when our days are shorter and there is less daylight. Many people leave their homes when it is dark in the morning and when they return to their homes it is also dark. During the winter months we have less daylight and this can affect how we feel. Some individuals begin to feel tired and run down during the winter months, however, for some of us these feelings become excessive. Millions of people may suffer from depression during the winter months with symptoms subsiding during the spring and summer months. Mental health professionals refer to this as Seasonal Affective Disorder (SAD). Although individuals who have been diagnosed with SAD may feel fine during the spring and summer, they may experience changes which affect how they think and feel during the late fall and winter months.

SAD is often referred to as "Winter Blues or Seasonal Depression". SAD is a form of depression that occurs during the fall and winter months, when days are shorter and sunlight decreases. SAD is a mood disorder associated with an episode of depression and may be related to seasonal variations of light.

### **What Are Some of the Symptoms of SAD?**

Symptoms of SAD include: fatigue, increased need for sleep, decreased levels of energy, weight gain, increased appetite, difficulty concentrating and cravings for sugary and/or starch foods during the fall or winter months. There is usually a full remission from depression during the spring and summer month. Individuals with SAD experience symptoms, which have occurred in the past two years, with no non seasonal depression episodes.

### **What Causes SAD?**

The exact cause of this condition is unknown, however researchers believe that it is caused by changes in the availability of sunlight during the winter months. One theory is that with decreased exposure to sunlight, the biological clock that regulates mood, sleep and hormones is delayed or operates slower during the winter months. Exposure to light may reset the biological clock. Another theory is that brain chemicals that transmit information between nerves called neurotransmitters may be altered in individuals with SAD. Many researchers believe that exposure to light can correct these imbalances.

### **What to do if there are symptoms of SAD?**

If you believe that you or someone you care about is exhibiting symptoms of SAD please contact your doctor for a thorough examination. It is important to first rule out any medical condition, which might cause symptoms that are associated with SAD. If your symptoms are not attributed to a medical condition, it is important that you are assessed and treated by a mental health professional such as a therapist or psychiatrist.

### **What Type of Treatment is Available for Individual's Who Have Been Diagnosed with SAD?**

Many mental health professionals believe that light therapy is an effective treatment for SAD. Antidepressant medication has also been used to treat SAD. Sometimes a combination of light therapy, antidepressant medication and/or individual therapy can be used to treat SAD. There may be side effects associated with light therapy and antidepressants, which should be considered when determining appropriate treatment modalities. Again, it is very important for individuals who may exhibit symptoms of SAD to first consult their primary care doctor and a mental health professional for a thorough assessment. Your primary care doctor and a mental health professional can help with diagnosing your symptoms and developing an appropriate treatment plan, which addresses your individual needs.

### **TREATMENT RESOURCES**

**National Navy Medical Center Behavioral Health**  
**301-295-0500**

**Walter Reed Army Medical Center Behavioral Health**  
**202-782-8030 or 202-782-6061**

**Anacostia Fleet and Family Support Center - 202-433-6151**

**National Mental Health Association - 703-684-7722**

**TRICARE 1-877-874-2273**

**Navy One Source**  
**1-800-540-4123 or [www.navyonesource.com](http://www.navyonesource.com)**  
**En español, llame al 1-877-989-5392**